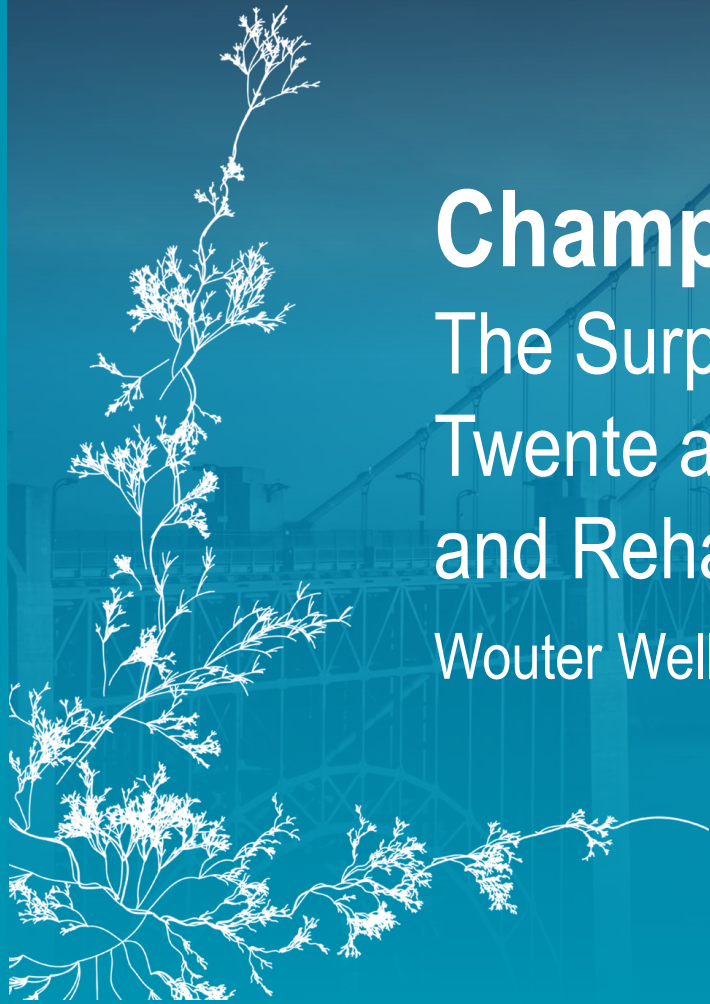


Champions of Health:

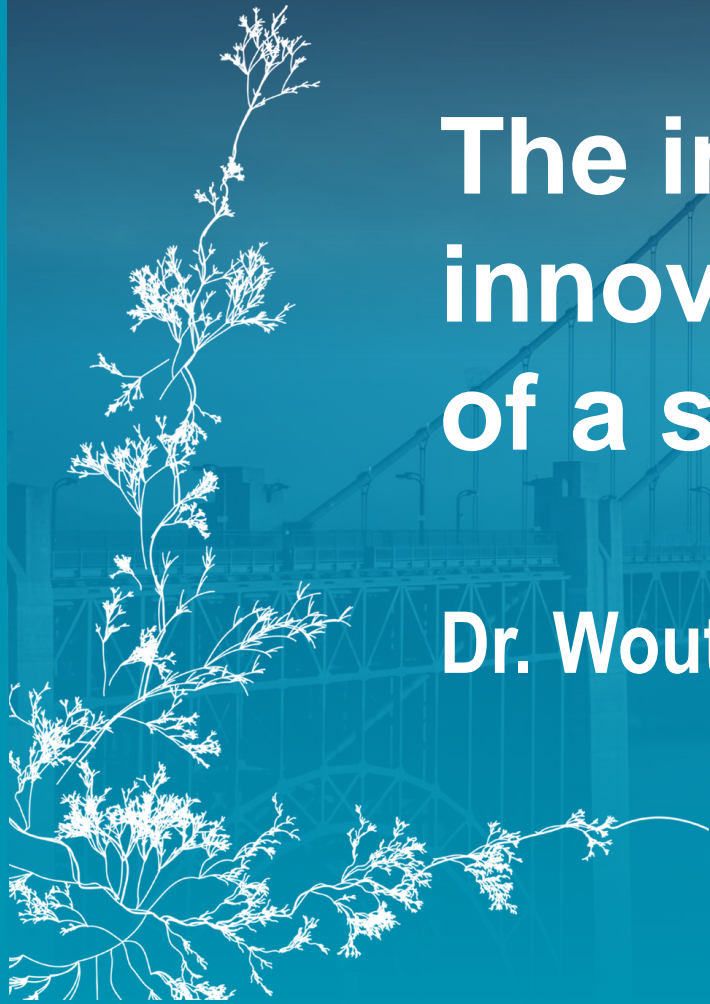
The Surplus of a Regional Innovation Platform between FC Twente and the knowledge institutes on Data in (Top)Sports and Rehabilitation Exercise and Health

Wouter Welling, Prof-F Fysiotherapie



The implementation of regional innovations during the rehabilitation of a soccer player

Dr. Wouter Welling – Pro-F Fysiotherapie



DISCLOSURE SLIDE

No conflict of interest



REHABILITATION SITUATION



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MovellaTM
Bringing meaning to movement.

JOHAN
ONE TOUCH PLAY

CRITERIA BASED REHABILITATION

RETURN TO RUN

- WHEN IS IT SAFE TO START RUNNING?

RETURN TO ON-FIELD REHABILITATION

- WHEN IS IT SAFE TO START WITH OFR?

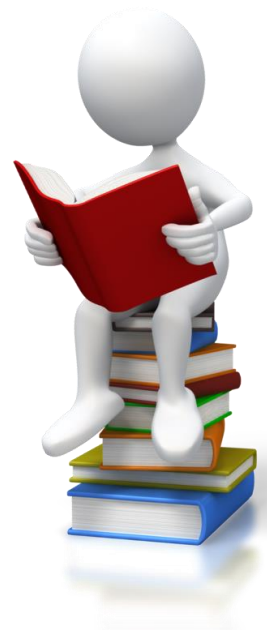
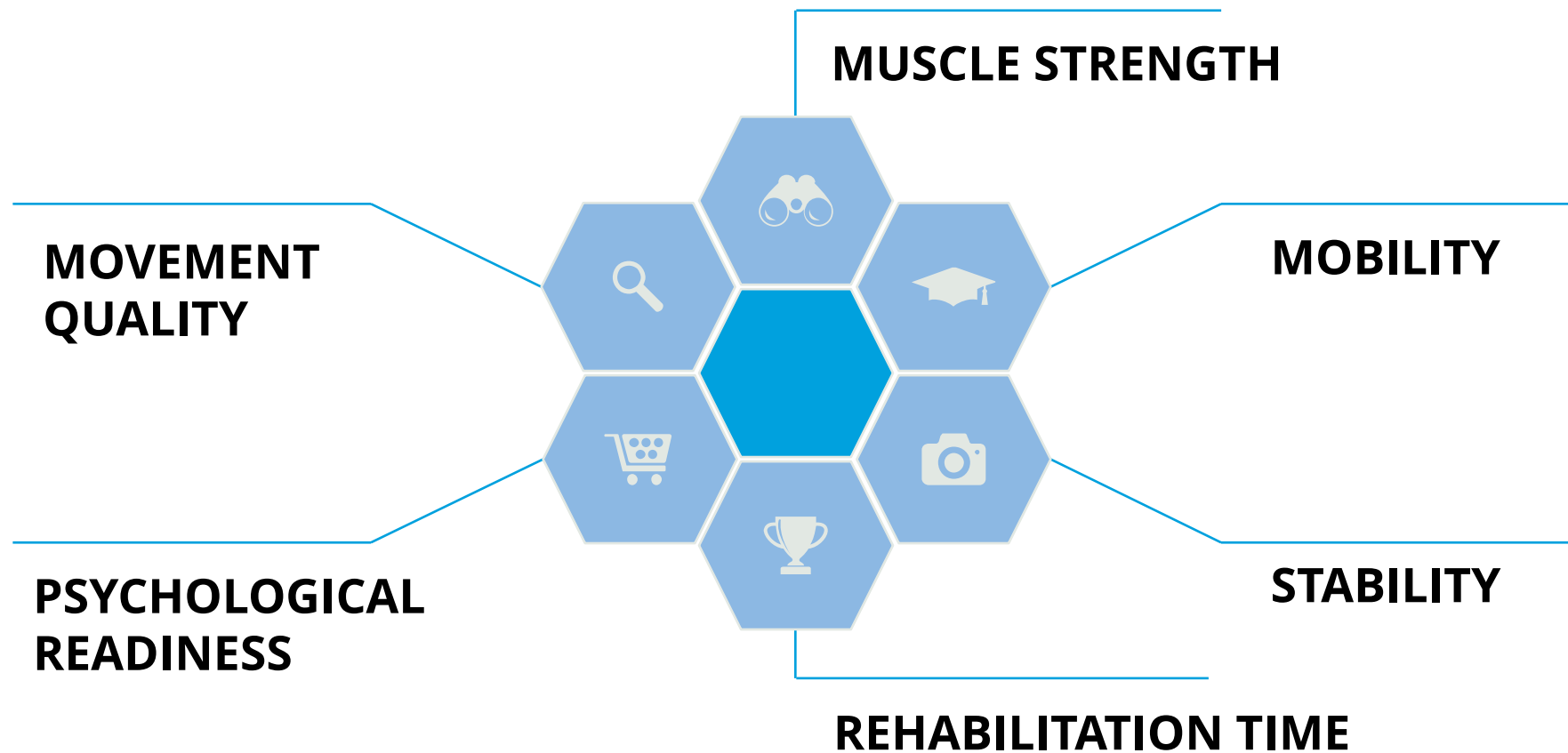
RETURN TO TRAINING

- WHEN IS IT SAFE TO RETURN TO TEAM TRAINING?

RETURN TO SPORTS CONTINUUM



RETURN TO SPORT ACL-R

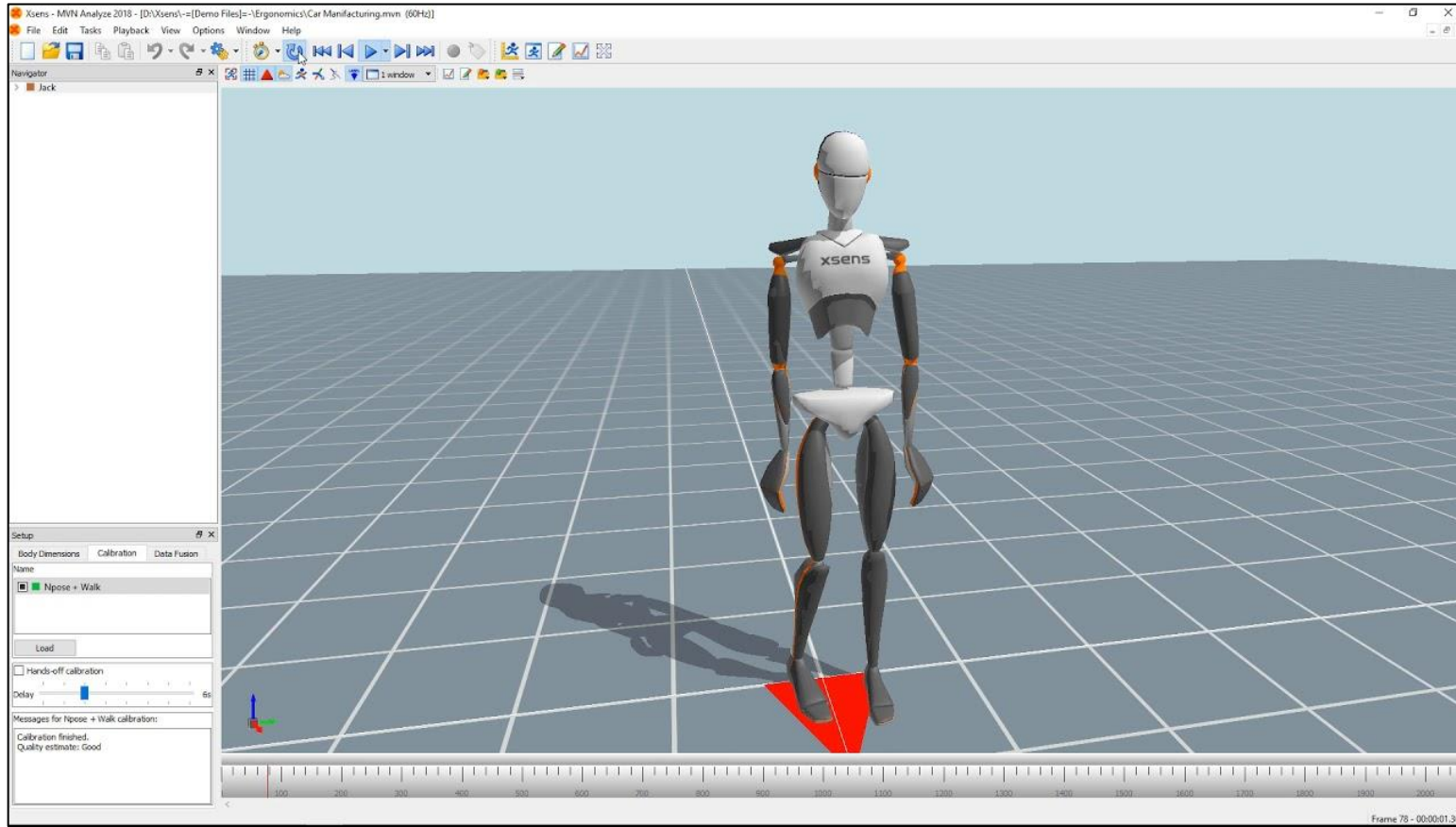


RETURN TO SPORT ACL-R

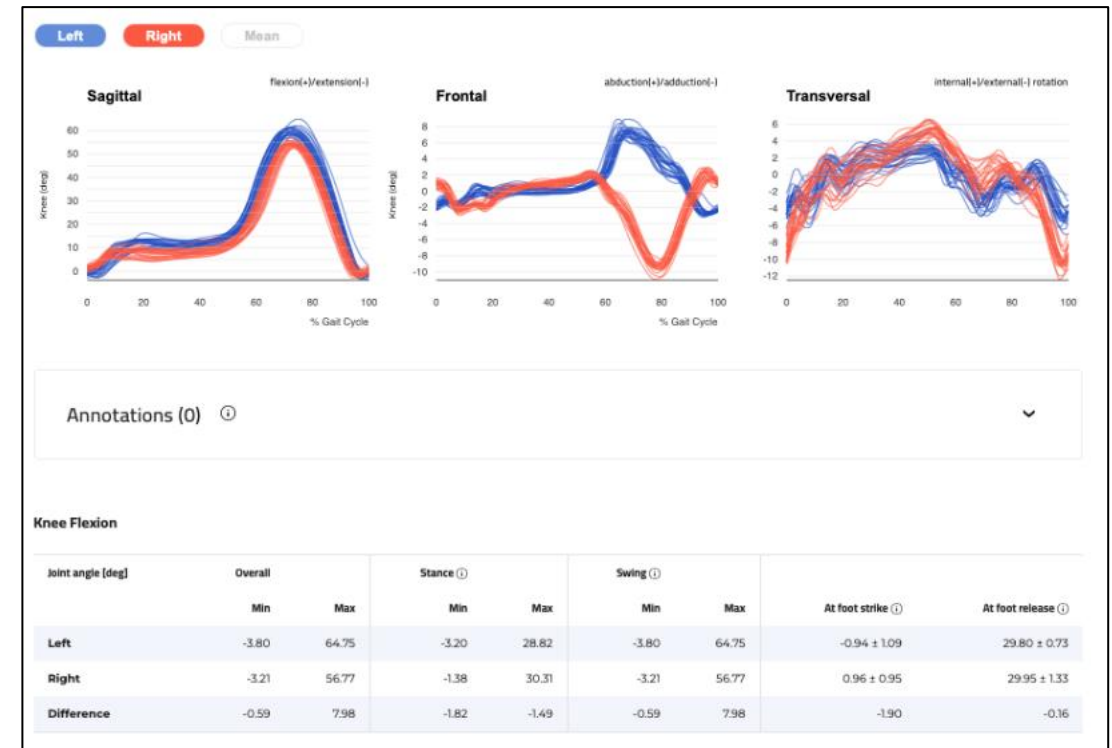
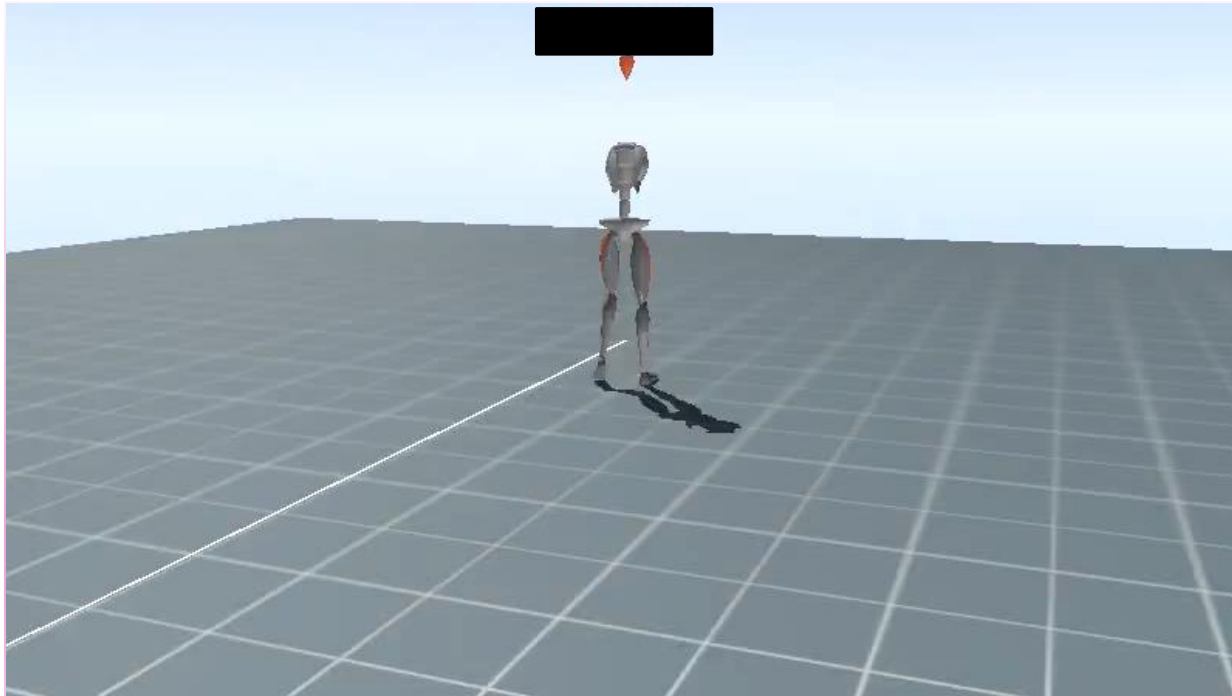


	LINKS	RECHTS
FLEXIBILITY		
QUADRICEPS LENIGHEID	145° 	133°
HAMSTRING LENIGHEID	97° 	82°
STRENGTH		
ISOMETRIC HAMSTRING/QUADRICEPS RATIO	0.6	0.73
HAMSTRING KRACHT	300 N	277 N
HAMSTRING KRACHT SI	1.08 	0.92
QUADRICEPS KRACHT	500 N	377 N
QUADRICEPS KRACHT SI	1.33 	0.75
QUADRICEPS KRACHT TOV LICHAAMSGEWICHT	7.14 N/kg 	5.39 N/kg

MOVEMENT QUALITY



MOVEMENT QUALITY



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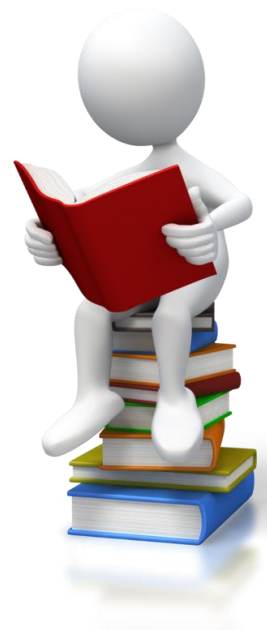
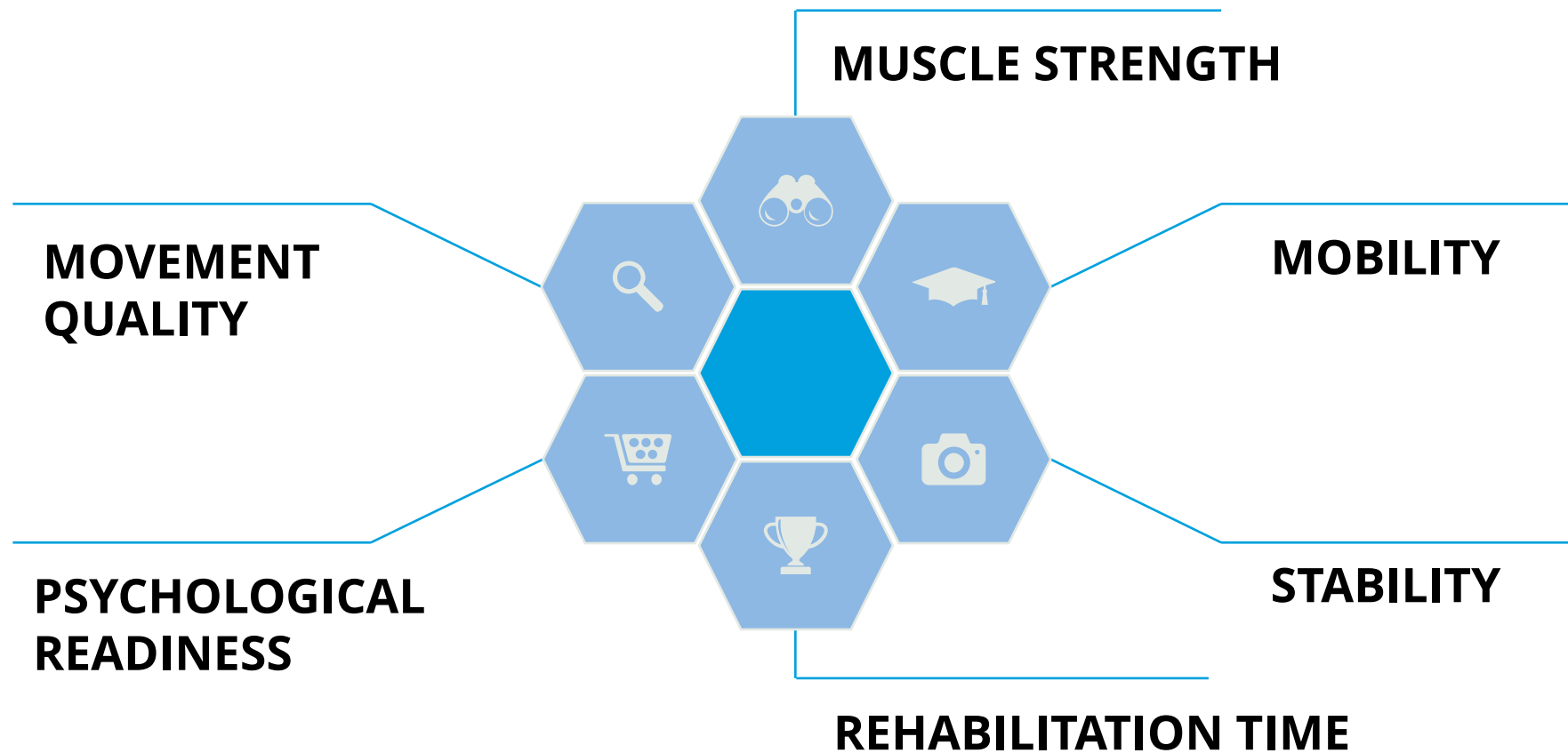
RETURN TO TRAINING

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RETURN TO SPORTS CONTINUUM



RETURN TO SPORT



RETURN TO ON-FIELD REHABILITATION

HOP TESTING

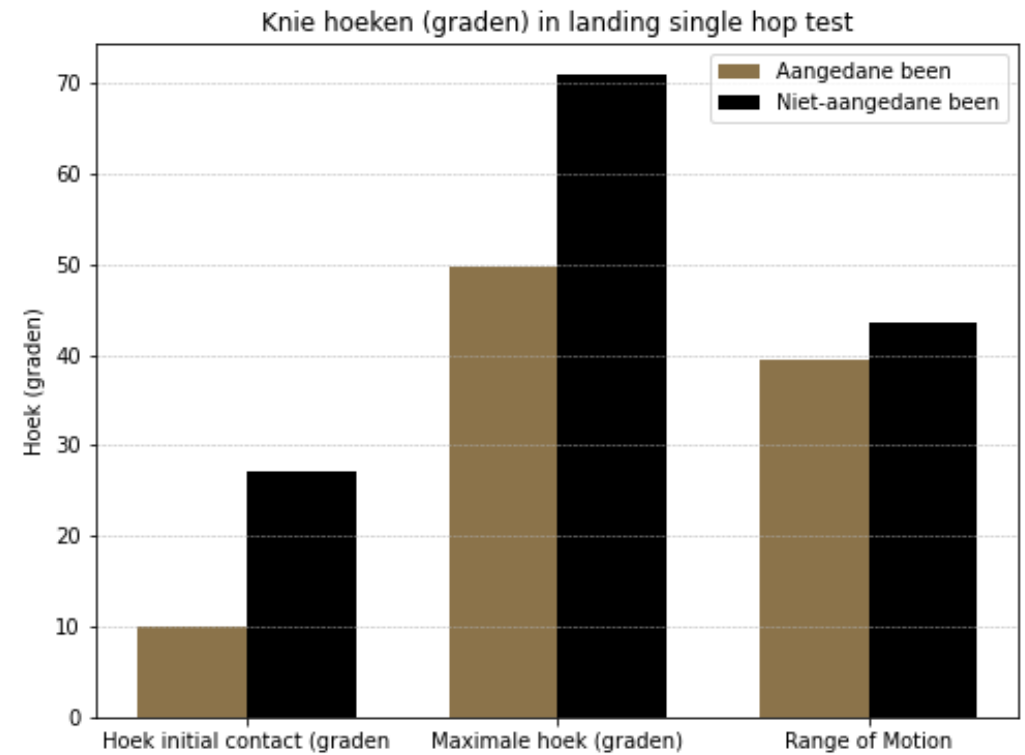
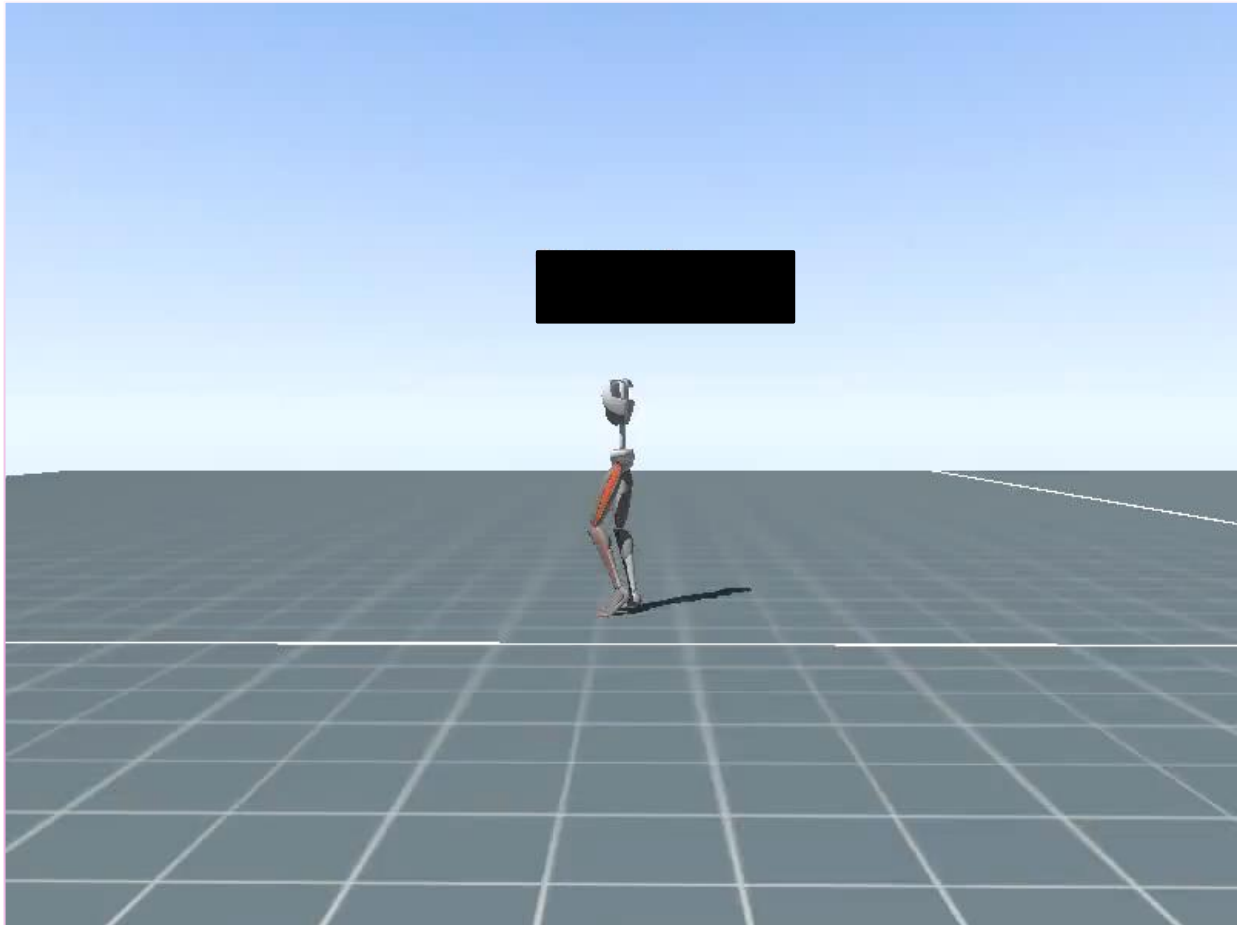
“JUMP AS FAR AS YOU CAN”

PERFORMANCE

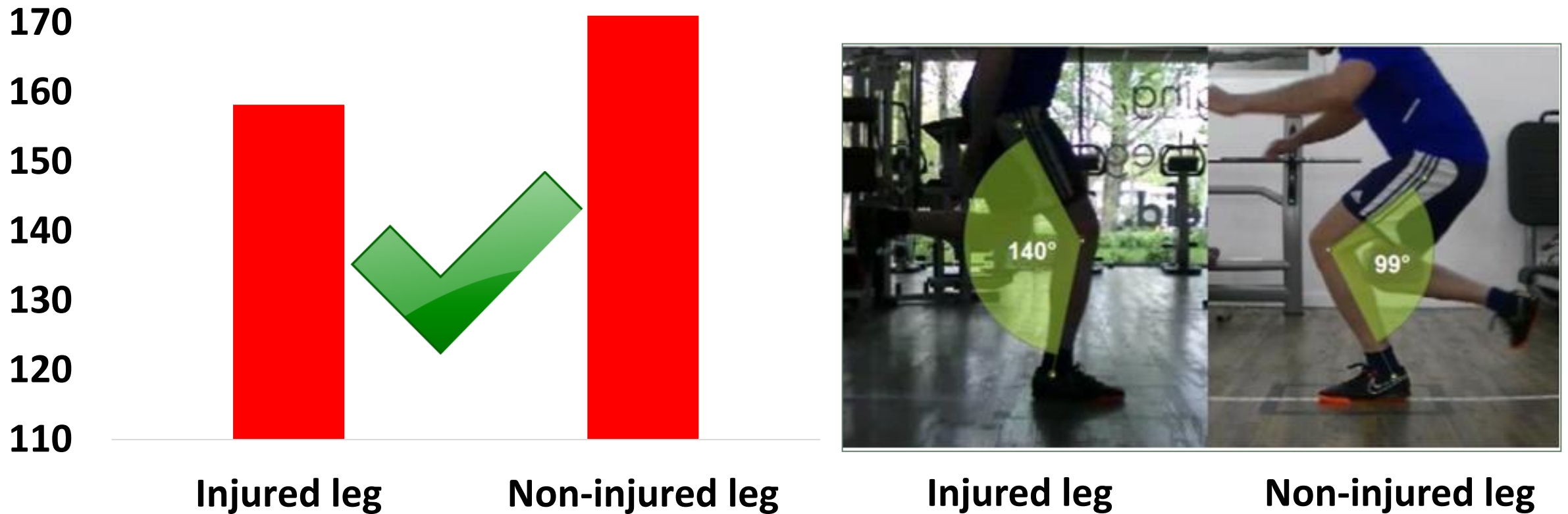
MOVEMENT QUALITY



RETURN TO ON-FIELD REHABILITATION



RETURN TO ON-FIELD REHABILITATION



RETURN TO ON-FIELD REHABILITATION



CRITERIA BASED REHABILITATION

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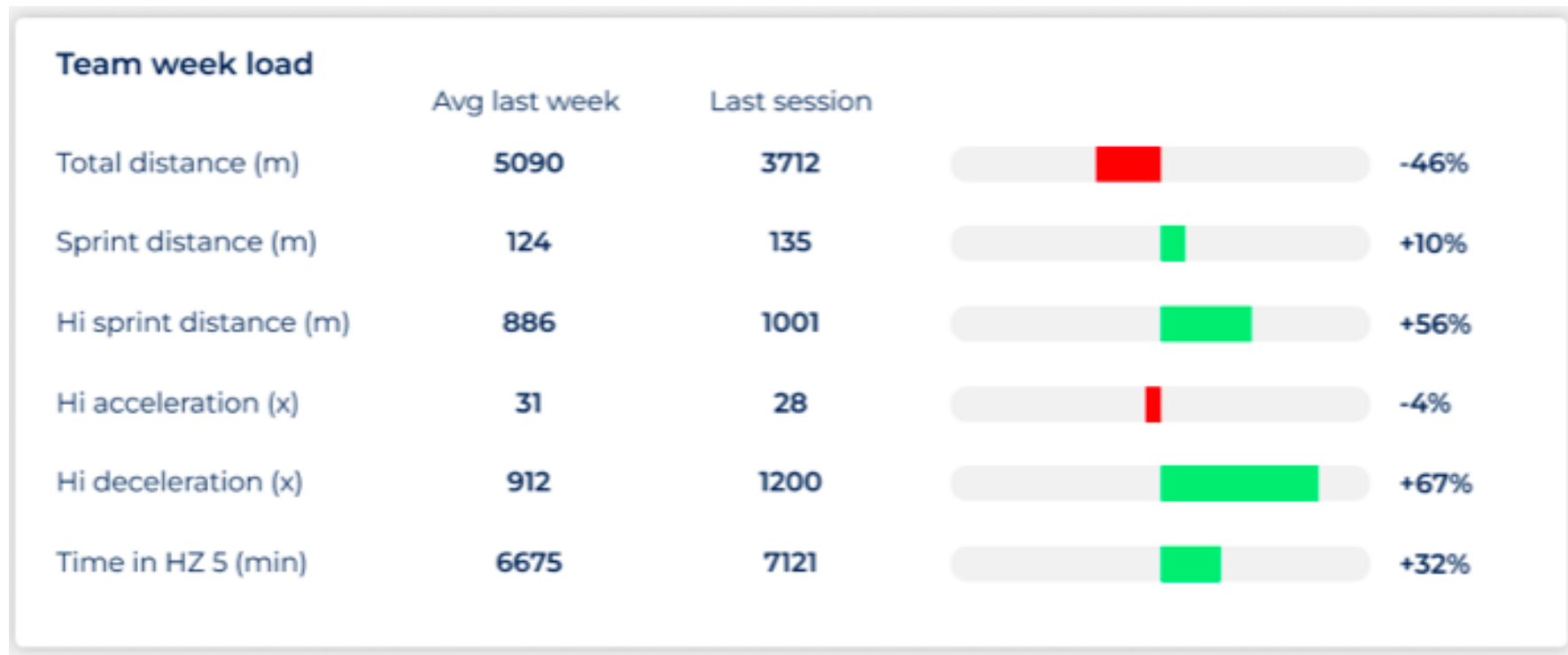
RETURN TO SPORTS CONTINUUM



RETURN TO TRAINING



RETURN TO TRAINING

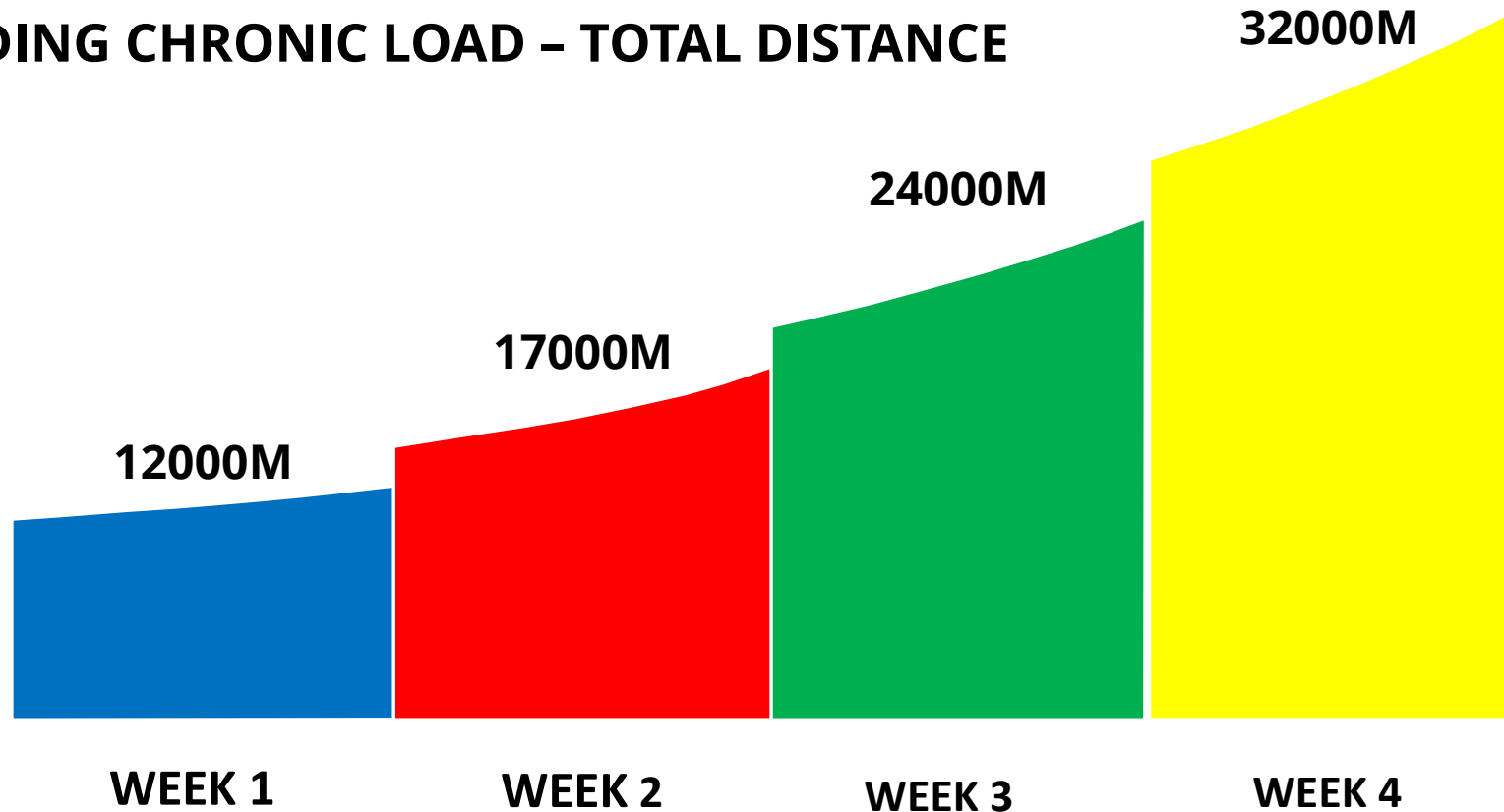


RETURN TO TRAINING



BUILDING CHRONIC LOAD - TOTAL DISTANCE

JOHAN
ONE TOUCH PLAY



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HEART RATE MONITORING



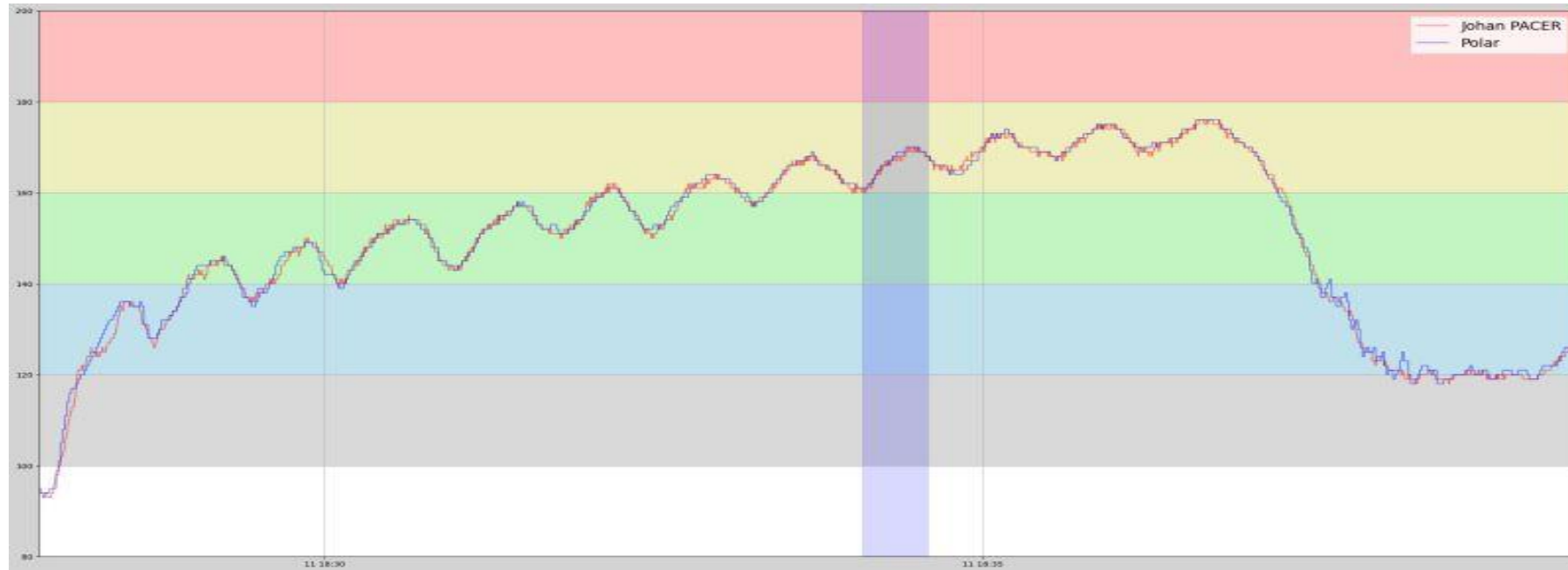
JOHAN
ONE TOUCH PLAY



RETURN TO TRAINING



HEART RATE MONITORING



JOHAN
ONE TOUCH PLAY



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RETURN TO SPORTS CONTINUUM



HOW DATA HELPS US



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THE TECHMED EVENT

BRIDGING PAST AND FUTURE: FIVE YEARS
OF MEDTECH ADVANCEMENTS AND BEYOND

